Supplementary Table A. Unadjusted results of intervention on primary study outcomes

	Δ Baseline-6 mo.		Δ 6 mo.-12 mo.		Δ Baseline-12 mo.		
	Coef.	95% CI (lower, upper)	Coef.	95% CI (lower, upper)	Coef.	95% CI (lower, upper)	P value
Weight, kg	-4.47	-7.05, -1.88	1.77	-0.87, 4.40	-2.70	-5.20, -0.20	0.003
BMI, kg/m^2	-1.59	-2.51, -0.68	0.57	-0.35, 1.50	-1.02	-1.93, -0.11	0.003
Systolic blood pressure mmHg	-3.17	-7.47, 1.13	4.66	0.38, 8.95	1.50	-2.82, 5.81	0.093
Diastolic blood pressure, mmHg	-2.30	-5.12, 0.51	2.94	0.15, 5.73	0.64	-2.37, 3.65	0.086
Fasting Glucose, mg/dL	-0.02	-0.10, 0.06	-0.06	-0.16, 0.03	-0.08	-0.17, 0.01	0.192
Fasting insulin, μU/mL	0.16	-0.06, 0.37	-0.21	-0.68, 0.26	-0.05	-0.49, 0.39	0.325
HOMA-IR[a]	0.07	-0.15, 0.29	-.14	-0.36, 0.08	-0.21	-0.47, 0.04	0.247
Diabetes risk[b]	0.01	-1.82, 1.83	-1.46	-3.60, 0.69	-1.45	-3.33, 0.42	0.274
Fasting Triglycerides, mg/dL	1.46	-32.55, 35.46	-12.10	-33.78, 9.58	-10.64	-43.52, 22.24	0.518
Fasting LDL, mg/dL	0.23	-6.37, 6.83	2.05	-4.93, 9.03	2.28	-5.58, 10.13	0.816
Fasting HDL, mg/dL	0.68	-1.26, 2.63	1.94	-0.28, 4.16	2.62	0.13, 5.11	0.107

[a]The Homeostasis Model Assessment Index for Insulin Resistance (HOMA-IR) is calculated as follows: fasting glucose [mmol/L] x fasting insulin [μU/mL]/22.5. Lower scores indicate lower risk for developing insulin resistance. Coefficients represent the change in the natural log of HOMA.
[b]Based on the Framingham Diabetes Risk Scale. Lower scores represent decreased risk of developing diabetes.